

Kingsport Senior Center News

January 2013

Volume XXI Edition 1

1200 East Center Street
Kingsport, Tennessee 37660

Kingsport Senior Center Presents:

9 Day/ 8 Night Canada & New England Cruise

Aboard Royal Caribbean's "Grandeur of the Seas"

Date: October 16— October 25, 2013

Wednesday, October 16— Depart for Baltimore, Maryland. Check into overnight hotel.

Thursday, October 17—Visit Baltimore's Inner Harbor. Board the Grandeur of the Seas and depart.

Friday, October 18— Grandeur of the Seas comes equipped with full spa service and endless choices of restaurants and entertainment.

Saturday, October 19— Portland, Maine— Offers a unique combination of Maine's rich history and own vibrant culture.

Sunday, October 20— Bar Harbor, Maine— Features some of the most spectacular scenery on the Eastern Seaboard.

Monday, October 21— Saint John, NB (Bay of Fundy)- Historic waterfront and surrounding natural beauty.

Tuesday, October 22— Halifax, Nova Scotia— A bagpiper will welcome you to Halifax.

Wednesday, October 23— Halifax, Nova Scotia— Indulge with a latte in a cozy café, dance to a live band in one of the lounges or enjoy a Las Vegas style show!

Thursday, October 24— Cruising— Last chance to enjoy all the amenities of the Grandeur of Seas.

Friday, October 25— Return to Baltimore, Maryland. Depart for home!

Sign ups begin on January 10, 2013. \$250.00 due at sign up for deposit. Final payment due on July 2, 2013. Minimum of 30 passengers required. **Price:** \$1444.00 per person inside Cabin Cat. N, \$1494.00 per person inside Cabin Cat. M, \$1744.00 per person outside Cabin Cat. I, \$1784.00 per person outside Cabin Cat. H, \$1824.00 per person outside Cabin Cat. G2. **Travel protection:** Cancellation policy is severe. Travel protection can be purchased at \$145.00 per person for Cats N & M, \$171.00 per person for Cats I & H and \$199.00 per person for Cat G2— double occupancy. Travel protection should be purchased at the time of initial deposit to ensure full benefits.

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665**

**Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Membership dues
For Fiscal year
July 1, 2012-June 30, 2013**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The fun begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
423-392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Diana Broyles
dianabroyles@kingsporttn.gov
247-5942

Nutrition Site Manager ~ Sona Bingham
246-8060

**The Senior Center will be closed
on the following days:**

**Tuesday, January 1, 2013—New Year's Day
Monday, January 21, 2013—Dr. Martin Luther King Day**

WELLNESS

WELLNESS SEMINARS

Blood Pressure Checks: SunCrest Home Health will be doing blood pressure checks every Thursday, starting on **January 3, 2013 - January 31, 2013** from 9:00 am to 11:00 am in the hallway Billiards Room Side.

What's On Your Plate?: Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center will be at the Center on **Tuesday, January 15, 2013** at 12:30 in the Card Room. Topic of discussion: What's On Your Plate? (Part 3). Food Shopping-Making the Trip Easier, Saving on the Cost, Making Sure Your Food is Safe. If you attended part 2 class be sure to bring your What's on Your Plate book. This will be a really good seminar so be sure to put it on your calendar.

Fall Prevention: Selina Clark, Special Service Representative with ADT Security Services will be at the Center on **Tuesday, January 22, 2013** at 12:30 in the Card Room. Topic of discussion: Fall Prevention. Learn some very good tips on how to prevent falls around the house. All members are invited to attend, and we hope to see there.

Tennessee Lady Vols Basketball

Come join us as we travel to Knoxville on **Sunday, February 10, 2013** for the Lady Vols vs Ole Miss. Cost is \$26.00, which includes your ticket and transportation with Todlow Coach. We will depart the Senior Center at 9:30 am, with lunch on your own at Puleo's Grille in Strawberry Plains. We have 45 tickets available and a (2) ticket limit per person, sign ups begin **Wednesday, January 16, 2013 at 8:00 a.m., so mark your calendar!**

Tennessee Lady Vols Basketballs

Come join us as we travel to Knoxville on **Sunday, February 17, 2013** for the Lady Vols vs Vanderbilt, (**LIVE PINK, BLEED ORANGE GAME**). Cost is \$26.00, which includes your ticket and transportation with Todlow Coach. We will depart the Senior Center at 9:30 am with lunch on your own at Calhoun's on Kingston Pike. We have 45 tickets available and a (2) ticket limit per person, sign up begin **Friday, February 1, 2013 at 8:00 a.m., so mark your calendar!**

Thwart The Brain Thief

If you snore, you'd be an idiot not to schedule a sleep study: *Untreated sleep apnea may shrink your brain.* Researchers from the U.K. and Australia who analyzed MRIs for 60 people with severe sleep apnea found that they had lost about 8 percent of their gray matter in two brain areas, including one critical for motor function. Nighttime oxygen deprivation could be the cause, says study coauthor Fergal O'Donoghue, M.D. The good news: In an Italian study, people who used continuous positive airway pressure for 3 months regained lost brain cells.

Bowling For Turkey Winners

We would like to thank Michelle Bolling, Executive Director with Emeritus at Kingsport for sponsoring our bowling for Turkeys tournament, and all our members who competed in the tournament on Monday, November 19, 2012. Our winners: 1st place: Claudette Dezarne - 321, 2nd place: Joyce Manis - 320, and 3rd place: Charles McKenzie - 310.



Corn Hole Tournament - November 30, 2012

1st Row - L to R: Sandra Byington, Nancy Hale, Don Salyer, Gladys Haynes, Joyce Manis

2nd Row - L to R: Patricia Clark, Wayne McGee, Charles Gray, Michael Manis, Karen Manis, Paul Buonaccorsi, Howard Osborne.



Funny Quote of the Month

Do not worry about avoiding temptation. As you get older it will avoid you.

Joey Adams

Daily Activities and Classes at the Center

Monday

SilverSneakers Muscular Strength
and Range of Movement ~ 8:30 ~ Gym
High Impact Aerobics ~ 9:15 ~ Gym
Quilting ~ 9:00 ~ Room 303
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Beginning Throwing ~ 10:00 ~ Ceramic/Clay Room
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30-1:00~ DB Pool
Beginning Clogging ~ 10:00 ~ Room 302
Beginning Belly Dance ~ 11:30 ~ Room 302
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 8:00-2:00 ~ Multipurpose Room ~
(appointment only)
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:15 ~ Lounge
Jam Session ~ 12:30 ~ Cafeteria
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ 4:00 ~ Cafeteria (3rd Tuesday)
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Muscular Strength
and Range of Movement~ 8:30 ~ Gym
High Impact Aerobics ~ 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Intermediate Hand Building ~10:00~Ceramic/Clay Room
Strength Training ~ 10:15 ~ Gym
Hand and Foot Card Game ~ 12:30 ~ Card Room

Lap Swimming ~ 12:30-1:00 ~ DB Pool
Clogging ~ 11:15 ~ Room 302
Table Tennis ~ 1:00 ~ Gym
Belly Dancing ~ 1:00 ~ Room 302

Thursday

Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Exercise for Everybody ~ 10:30 ~ Gym
Jam Session ~ 12:30 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Room 302

Friday

SilverSneakers Muscular Strength
and Range of Movement ~ 8:30 ~ Gym
High Impact Aerobics ~ 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room
Art Class ~ 2:00 ~ Room 303

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym



TRAVEL AND SPECIAL EVENTS

Shopping at the Homestead Shoppe and Lunch at Fatz Café ~ Church Hill, TN ~
Thursday, January 24, 2013 ~ 11:30am-4:30pm
~ Cost: \$5.00/ plus lunch on your own ~ **Sign up's began December 10.**

Publicity Committee hosts Annual Bean Luncheon ~ Room 239 ~
Thursday, January 31, 2013 ~ 11:15am-1:00pm ~ Cost: \$4.00 per person ~ **May purchase tickets outside the front office beginning on January 2.**

Souperbowl Party ~ Room 239 ~
Friday, February 1, 2013 ~ 11:30am-12:30pm ~ Cost: Bring a crockpot of soup ~ **Sign up's begin January 4.**

Candlelight Dinner ~ Room 310 ~
Tuesday, February 12, 2013 ~ 5:30pm-7:00pm ~ Cost: \$10 per person ~ **Sign up's begin January 4.**

We will no longer be collecting plastic bags at the Senior Center or Renaissance Center beginning January 2013.

Beginning January 1, all items for sale in the hallway display cases will fall under the Kingsport Senior Artisan Center. Please see Cindy Price for information and contracts for the Artisan Center. Phone: 392-8402

Bob Ross Style Painting Class

Wednesday, January 16, 2013

Room 303

10:00am-2:00pm

Cost: \$48.00 at sign up

Minimum participants– 4

Maximum participant– 10



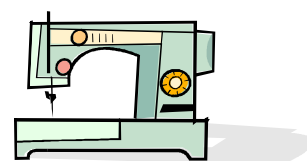
Supplies will be provided.

Instructor: Jay Holdway

Sign up's began December 19.

Sewing Machine Basics

Monday, January 7
Monday, January 14
Monday, January 28



11:00am-12:30pm

Room 303

Cost: \$20

Will also learn how to read a sewing pattern.

Instructor: John Plutchak

TRAVEL AND SPECIAL EVENTS

Guitar Classes

Instructor: Jim Cornelison

**Class begins week of
January 7, 2013 and
ends week of March 18, 2013**

Sign up in the front office

Beginning Guitar:

Tuesday at 4:00pm. Room 303. This class will cover sight reading music in the Key of C, and will also include chords in the keys of C & G. Other material, including tablature, will be taught as time permits. Lessons will last approximately 45 minutes.

Cost: \$5.00 per lesson. Books required: Mel Bay's Modern Guitar Method, Grade 1, \$7.99. One additional song book, to be selected before the class starts, will also be needed. Cost should be around \$10.00.

Intermediate Guitar

Tuesday at 5:00pm. Room 303. This class will include a brief review of sight reading in the Key of C, and reading in other keys will be introduced. Tablature will also be introduced. The primary focus in this class will be on playing chord accompaniment. Songs will be in the keys of C, G, D, and others, as times permits. Lessons will last approximately 45 minutes.

Cost: \$5.00 per lesson. Books required: Any method book that includes basic music reading. If you don't already have a book, I recommend Mel Bay's Modern Guitar Method, Grade 1, \$7.99. One additional song book, to be selected before the class starts, will also be needed. Cost should be around \$10.00.

Library Book Day

Thursday, January 18, 2013

9:00-11:00

Outside Front Office



Long Term Care: 4 Ways to Pay

Tuesday, January 29, 2013

Card Room

12:30PM-1:30PM

Free

Understand the pro's and con's of different options for purchasing and paying for long term care.

Sign up's begin January 2.

Your Page

From the Dancing Corner

The January Dance, sponsored by Friends of Kingsport Senior Center, will feature KIDS OUR AGE. This band has provided professional musical entertainment for 100's of clients in Northeast Tennessee since 1990.

PLEASE NOTE that the venue for these monthly dances has changed. **THE RED ROOM** is located 234 Carolina Pottery Drive, Blountville, TN.

PLEASE DO NOT bring any food to this dance. A snack bar is provided for refreshments.

Line dancing will begin at 6:30 pm with the band starting at 7:00 pm.

Admission is \$8.00 per person or \$15.00 per couple.

Friends of the Kingsport Senior Center presents

JANUARY Dance
At The Red Room



Friday
Jan. 13, 2013
7-10 PM
(line dancing begins at 6:30 PM)

Admission:
\$8.00 / person
\$15 / couple

DO NOT BRING FOOD

Contact:
423 245-7925

The Red Room is located at:
234 Carolina Pottery Dr,
Blountville, TN 37617

Kid's Our Age

Basic Photography

3:00pm-5:00pm
Room 230

Tuesday, January 15, 2013
Thursday, January 17, 2013
Tuesday, January 22, 2013
Thursday, January 24, 2013
Tuesday, January 29, 2013

FREE



A New Beginning

January 18, 2013.
(Meets the 3rd Thursday of each month)

Multipurpose Room
4:30pm-6:00pm

FREE

Leader: Ben Hubert

In this group we re-learn how to enjoy life when we have suffered a loss. Come enjoy light refreshments and learn what this group is all about.

NEWS TO USE

Elvis Birthday Party

Tuesday, January 8, 2013

12:30pm-1:30pm

Cafeteria

FREE



Chinese New Year Food Demo

Monday, January 14, 2013

12:30pm-2:00pm

Cafeteria

**Cost: \$2.00 pay at sign up
Limited to 10 people**

Presented by: Chef Tina Norris



A Tasty Treat from Marsha

LAYERED PUMPKIN LOAF

A Kraft recipe

Ingredients

1 cup canned pumpkin
1 cup plus 2 tablespoons sugar, divided
1/2 cup packed brown sugar (I used Splenda brown sugar)
1/2 cup fat-free milk
4 egg whites, divided
1/4 cup oil (may use canola or vegetable)
2 cups flour (I used self-rising flour and eliminated the baking powder and salt)
2-1/2 teaspoons baking powder
1/4 teaspoon salt
2 teaspoons pumpkin pie spice
1-8 ounce cream cheese

Directions

Heat oven to 350 degrees.
Mix pumpkin, 1 cup sugar, brown sugar, 3 egg whites, milk and oil in large bowl. Add flour, baking powder, spice and salt; stir just until moistened. Beat cream cheese, remaining granulated sugar and remaining egg white with whisk until well blended.
Spoon half the pumpkin batter into 9x5 inch non-stick loaf pan sprayed with cooking spray; cover with layers of cream cheese mixture, and remaining pumpkin batter. Bake at 1 hour and 5 minutes or until toothpick inserted in center comes out clean. Loosen bread from side of pan; cool in pan 10 minutes. Remove from pan to wire rack; cool completely.

Store in fridge up to 4 days.

KINGSPORT SENIOR CENTER
Winter 2013
Session I
Class Schedule

This class session will begin week of January 7, 2013 and end week of March 18,2013

Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

BASIC COMPUTER

Tuesdays: January 15, 22, 29, February 5 and February 12. 1:00 p.m.—3:30 p.m. \$25.00

BASIC INTERNET

Thursdays: March 7, 14, 21, 28 1:00 p.m.—3:30 p.m. \$25.00

MICROSOFT WORD

Thursdays: February 7, 14, 21, 28 1:00 p.m.—3:30 p.m. \$25.00

INTERNET SECURITY

ONE DAY SEMINAR: Thursday, January 17. 9:00 a.m.—11:30 a.m. & 1:00 p.m.—3:30 p.m. \$10.00

e-BAY AND AUCTION SITES

ONE DAY SEMINAR: Tuesday, April 9. 9:00 a.m.—11:30 a.m. & 1:00 p.m.—3:30 p.m. \$10.00

Waiting list for Excel and Email being taken

Payment is due the first day of class.

All classes, other than basic, require student to have basic computer skills, and have proficient skills in using a mouse , in order to take the class.

Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433

Generations Online Internet Class

Monday, Wednesdays and Fridays
1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.

**Computer lab is available
for use unless a class is
scheduled.**



KARAOKE

**Tuesday, January 15, 2013
4:00pm
Cafeteria**

Genealogy Group

Friday's ~ Computer lab
9:00am

Winter Classes 2013		
<p>Aerobics</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday (ongoing) Time: 9:15am - 10:00am Location: Gym Instructor: Terri Farthing Lo-hi Impact Aerobics <p>Art Class - Painting</p> <ul style="list-style-type: none"> Friday Time: 2:00pm - 4:00pm Location: Room 303 Instructor: Ann Thwaites All types of media; painting and drawing <p>Ballroom Dance</p> <ul style="list-style-type: none"> Thursday Time: 5:00pm - 6:00pm Location: Room 302 Instructors: Walt & Margaret Baumgardner Learn to waltz, Polka, Fox Trot and cut a rug <p>Basic Woodworking</p> <ul style="list-style-type: none"> Classes are 6 weeks Begins January 8th Senior Center Woodshop 9 to 11 am Tuesdays and Thursdays Cost: \$50, materials not included Instructor: Howard Osborne <p><u>Massage Therapy</u> Tuesdays with Debra Defrieze 30 minute massage Cost: \$15.00 call (423)791-4693</p>	<p>Ballroom Video Class</p> <ul style="list-style-type: none"> Tuesdays Time: 4:30pm - 6:30pm Room 302 No instructor, practice to own music <p>Basket weaving</p> <ul style="list-style-type: none"> Tuesday Time: 9:30am - 11:30 am & 12:00pm - 2:00pm Location: Room 303 Instructor: Lynne Bowers <p>Belly Dance for Beginners (Women Only)</p> <ul style="list-style-type: none"> Mondays Time: 11:30am-12:30pm Location: Room 302 Instructor: Angela Price <p>Must have 8 for class to begin. Please sign up at office.</p> <p>Belly Dancing - (Women Only)</p> <ul style="list-style-type: none"> Wednesday Time: 1:00pm Location: Room 302 Instructor: Angela Price Great for your abdominals <p>Camera Club</p> <p>Please visit website for meeting times</p> <ul style="list-style-type: none"> Instructor: Claude Kelly Website: www.scphotogroup.com 	<p>Ceramics</p> <ul style="list-style-type: none"> Tuesdays and Thursdays Time: 9:00am - 11:30am Location: Ceramic/Clay Studio Instructor: Mary Lamson Please remember your annual \$10 firing fee <p>Clay (Beginning Throwing)</p> <ul style="list-style-type: none"> Mondays Time: 10:00am-3:00pm Location: Ceramic Room Instructor: Aleta Chandler Fee: \$30.00 <p>Clay (Beginning Hand Building)</p> <ul style="list-style-type: none"> Tuesdays Time: 6:00pm-8:00pm Location: Ceramic Room Instructor: TBA Fee: \$45.00 for members \$60.00 non members 8 person minimum 15 person maximum <p>8 different projects will be completed.</p> <p>Clay (Intermediate Hand Building)</p> <ul style="list-style-type: none"> Wednesdays Time: 10:00am-3:00pm Location: Ceramic Room Instructor: Aleta Chandler Fee: \$30.00 <p>Clogging - (Beginning)</p> <ul style="list-style-type: none"> Mondays Time: 10:30am-11:30am Location: Room 302 Instructor: Angela Price Must have 8 new beginners Sign up in office <p>Clogging - (Intermediate)</p> <ul style="list-style-type: none"> Wednesday Time: 11:15am Location: Room 302 Instructor: Angela Price

Winter 2013 Classes Continued		
<p>Dulcimer (Beginners)</p> <ul style="list-style-type: none"> Tuesdays Time: 11:00am Location: Atrium Instructor: Peggy Ferrell Learn to play this beautiful Instrument <p>Exercise for Everybody</p> <ul style="list-style-type: none"> Tuesdays & Thursdays Time: 10:30am Location: Gym Instructor: Kevin Lytle <p>Good Neighbors</p> <ul style="list-style-type: none"> Tuesdays and Thursdays Time: 12:15pm Location: Lounge Staff Guest speakers, trips, bingo and fellowship <p>Happy Day Singers</p> <ul style="list-style-type: none"> Mondays Time: 9:45am Inspirational singing at nursing homes <p>Jam Session</p> <ul style="list-style-type: none"> Tuesdays & Thursdays Time: 12:30 noon Location: Cafeteria <p>Karaoke</p> <ul style="list-style-type: none"> 3rd Tuesday Time: 4:00 pm Location: Cafeteria Bring snack to share <p>Knitting Class</p> <ul style="list-style-type: none"> Monday Time: 1:00 - 3:00pm Location: Room 303 Instructor: Barbara White All skill levels 	<p>Lap Swimming</p> <ul style="list-style-type: none"> M-F Time: 12:30pm-1:00pm Location: Dobyns-Bennett pool No instructor, lap swimming <p>Mahjong</p> <ul style="list-style-type: none"> Fridays Time: 1:30pm-3:30pm Location: Multipurpose Room Cost: FREE Instructor: Jean Chang <p>Mini Cardio Exercise Class</p> <ul style="list-style-type: none"> Tuesdays, Thursdays Time: 8:45am - 9:15am Room: 302 Instructor: Roger Hixson <p>Piano Lessons</p> <ul style="list-style-type: none"> Tuesdays & Thursdays 8:00am - 11:00am \$15 (30 minute lessons) pay instructor Location: Multipurpose Room Instructor: Freda Karsnak Call for appt. 423-292-2711 <p>Quilting</p> <ul style="list-style-type: none"> Monday Time: 9:00am - 10:30am Location: Room 303 Instructor: John Plutchak <p>Renaissance Strings</p> <ul style="list-style-type: none"> Tuesdays Time: 10:00am - 11:00am Location: Atrium Instructors: Lucille Hinke and Jan Fenelon 	<p>SilverSneakers Muscular Strength and Range of Movement</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday (ongoing) Time: 8:15am - 9:00am Location: Gym Low Impact Aerobics Instructor: Terri Bowling <p>Strength Training</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday Time: 10:15am - 11:00am Location: Gym Instructor: Terri Farthing <p>Strength Training</p> <ul style="list-style-type: none"> Tuesday, Thursday Time 9:30am - 10:30am Location: Gym Instructor: Kevin Lytle <p>Tai-Chi</p> <ul style="list-style-type: none"> Mondays & Wednesdays Time: 8:30am Location: Senior center, Room 310 Instructor: Hang Lei <p>Woodcarving</p> <ul style="list-style-type: none"> Thursdays Time: 9:00am - 12:00 noon Location: Room 303 Beginners welcome

Winter 2013 BRANCH SITE SCHEDULE

Core Conditioning

- Tuesday & Thursday
- Time: 10:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

Beginning Drawing

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00 –11:00
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
 - Time: 12:45pm –1:45pm
 - Location: Boys/Girls Club
 - Instructor: Lyna Faye McConnell
 - Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Tuesday each month
- Lynn View Branch Site
- Please call for reservation

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays 10:45am
- Thursdays 11:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

Silver Sneakers Yoga Stretch

- Mondays & Wednesdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Diane Broyles

Silver Sneakers Muscular Strength and Range of Movement

Mondays & Wednesdays
Time: 10:00 a.m.
Location: Lynn View Branch Site
Instructor: Chris Hicks

Piloxing

- Tuesdays & Thursdays
- 9:30 a.m.
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination pilates and kick boxing and is an intense workout.

Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickle-ball

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Branch Site

Ageless Grace


- 6 week class Mondays & Wednesdays
- Time: 9:30
- Location: Colonial Heights Baptist Church
- Instructor: TBA

Walking

- Monday-Friday
- Time: 9:00 a.m.—12:00 noon
- Location: Colonial Heights Baptist Church Walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Zumba Gold (lower impact)

- Wednesday and Friday
- 11:00
- Lynn View Community Center
- Instructor: Rita Justis
- Begins January 16

<div data-bbox="110 475 681 615">  Kingsport Adult Education </div> <p>Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400 All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <p><u>Beginning Computer Literacy</u></p> <ul style="list-style-type: none"> • 6 Weeks • Fee \$70 • Instructor: TBA • Wednesdays 6:00 - 8:00pm • Location: Computer Lab, Lynn View CC <p><u>2008 National Electric Code (Commercial)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$70 • Mondays 6:00 - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential)</u></p> <ul style="list-style-type: none"> • 8 Weeks (Begins January 21, 2013) • Fee \$70 • Mondays 6:00-8:00 p.m. • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part II • 10 Weeks • Fee: \$165 • Tuesdays 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be 1 more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students, must pre-register.</p>	<p>CULTURAL/ARTS/CRAFTS</p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • February TBA • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make 5 cards and take materials home to make additional 5 cards.</p> <p><u>Beginning Crochet</u></p> <p>Coming in early 2013! Watch for updates.</p> <p><u>Beginning Clay</u></p> <ul style="list-style-type: none"> • Beginning in January • 8 week class • Tuesdays, 6-8 pm • Fee: \$60 plus \$10 clay and \$10 firing fee • Instructor: TBA • Minimum: 8 students • Maximum: 15 students <p>This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete 8 different projects.</p> <p>HEALTH/EXERCISE</p> <p><u>Beginning Golf Lessons</u></p> <ul style="list-style-type: none"> • 6 weeks (Beginning 2nd Tuesday in April, 2013) • Fee: \$25 • Tuesdays 6:00 p.m. • Instructor: TBA • Begins April, 2013 • Call for more information • <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package <p>Contact Chris (423-741-5643)</p> <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks <p>New sessions, Jan 17, March</p> <ul style="list-style-type: none"> • \$25 fee per session • 5:15 • Thursdays • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria 	<p><u>Zumba Gold Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks (Beginning Jan 14) • \$25 for non– members • Instructor: Rita Justis • 5:50 pm • Mondays • Location: Kingsport Renaissance Center <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesdays and Thursdays • 9:30 a.m. • \$25/ 6 weeks for non-members • Colonial Heights Baptist Church • Instructor: Terri Bowling • This class is a combination between pilates and kick boxing. It is a high intensity exercise class. <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday • 6:00 p.m. • Instructor: Becky Mills • Limited to 15 participants • \$30.00 payable first night of class <p>DANCE CLASSES</p> <p><u>Beginning Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursdays, 6:30pm - 8:00pm • Begins January 17 • Location: Lynn View Community Center <p><u>Couples Dance</u></p> <ul style="list-style-type: none"> • 8 week class • Dates same as Line Dance • Fee \$25 or free if you take Line Dance class • Instructor: Lyna Faye McConnell • Wednesdays, 6:30pm - 8:00pm • Begins January 16 • Location: Lynn View Community Center <p><u>Salsa Dance</u></p> <ul style="list-style-type: none"> • 4 weeks (Beginning February 19) • Fee: \$10 for 4 weeks/ 8 classes • Tuesday & Thursdays • Time: 1:00 • Room 302, Renaissance Center • Instructor: BJ Goliday
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The Senior Center Photo Group

A True "Cameraderie"



Got a camera? Got a desire to take better picture with it? Got an interest in joining a group of photographers who will help you improve and have fun doing it? Well, do we have the group for you—the Senior Center Photo Group!

Starting our 15th year, our goals are simple: to become the best photographers we can be by sharing knowledge and expertise with each other; practicing our art during interesting and challenging photographic excursions; learning new techniques and tools through workshops and demonstrations, and above all, developing lasting friendships and relationships. In short, we have developed a spirit of friendly, good-fellowship, or as we call it, a true "cameraderie."

Joining Us:

Since the Group comes under the umbrella of the Kingsport Senior Center, membership at the Center is required. We also are a part of the Adult Education Program where non-seniors can participate for a \$15 annual fee. Participants in the "Silver Sneakers" Program can also belong without an annual fee. We have no Group membership fee, rather we share expenses on our excursions.

Meetings:

Our meetings are usually the second and forth Mondays each month with the promise of some weekend excursions to area festivals, reenactments, and such. Our "2013 Schedule of Events" is posted on our website: www.scphotogroup.com along with many other things of interest. Our current outings and meetings will be posted in the monthly Senior Center Newsletter and other information centers.

Contact Us:

Claude Kelly (Program Coordinator)

Email: ckkelly@chartertn.net Telephone: (423) 247-3010



423-224-2613



Kingsport Area Transit Service announces today, the ADA\Paratransit service residents know and rely on will be changing its' name to "**Dial-A-Ride**". The actual service will not change, but will continue to provide the excellent curb-to-curb service for individuals with mobility needs. The **Dial-A-Ride** name and logo will allow KATS to enhance marketing efforts throughout the community. The new logo represents what the service means by actually dialing for a ride. KATS hopes this new logo will be more recognizable to the community and spark interest for those in need of a mobility service.

Dial-A-Ride is a transportation service that picks up individuals and transports them to a destination within the City Limits of Kingsport. This specialized transportation service is available to anyone who has a medical condition that prevents them from independently boarding a regular fixed route bus. **Dial-A-ride** is also available to individuals who qualify that may have a temporary mobility need. An example of a temporary need could be someone who has broken a limb and thus is restricted from driving.

Dial-A-Ride is a next day transit service that operates Monday through Friday from 7:30 am until 5:30 pm, excluding all major holidays. In order to qualify for the service, a completed application must be submitted to transit. Applications may be picked up from the transit office, or are available online at www.kingsporttransit.org, or simply call and request one to be mailed to your address. For assistance completing the Dial-A-Ride application please contact Candace Sherer at 224-2613.

Kingsport Senior Center Presents a Fabulous Trip To:

Lancaster & Washington DC w/ QVC

Date: March 17– March 21, 2013

Your 5 day/4 night package includes:

- 4 nights hotel accommodations
- 4 breakfasts at your hotel
- 4 dinners including an Amish Style Feast and 1 dinner at Phillip's Flagship Seafood Restaurant in D.C.
- A Sight & South Theater Production of "Noah".
- **Visit to the Amish Experience which includes:**
 - Guided Tour of Lancaster County
 - Tour of the county's only designated "Heritage Site" Amish House
 - Enjoy the spectacular F/X Theater production of "Jacob's Choice"
- **Enjoy the QVC Studio Tour**
 - Guided Tour of Washington DC– Sights include
 - Supreme Court, Capitol Building, Arlington Cemetery, Washington's Monuments, World War II Veterans Memorial, and more.
 - **Smithsonian Institute**
 - **Tour of Arlington Cemetery**

Price: \$699.00 per person– Double Occupancy.

Travel Protection: Can be purchased at \$79.00/person– Double Occupancy.

Sign up's begin January 3rd. Minimum of 30 people.

**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

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